Pavlova



Consejo del chef

Fill the pavlovas with the red berries to taste and some strawberry syrup.

Raciones para

- ❏ **3** Egg whites
- ❏ **180 gr** Sugar
- ❏ **2** Tablespoons of lemon juice
- ❏ Strawberries
- ❏ Raspberries
- ❏ Strawberry syrup

1. Put the white eggs together in a large bowl with sugar and heat at Baine-Marie. Stir constantly until the sugar dissolves. Whisk with an electric mixer until stiff peaks.
2. When the meringue is almost ready, add the lemon juice, and whisk again until glossy and firm.
3. Place the meringue in a piping bag with a star-shaped tip and pipe the pavlovas on an oven tray lined with parchment paper. Make a small hole in the centre to fill it later.
4. Preheat the oven and bake at 100 °C for one hour with top and bottom heat without air. Place the oven tray in the middle to avoid burning the top.
5. Check if the meringue is dry and let it cool before decorating the top.

Chef's Notes

https://cookinglovers.teka.com/en/receta/pavlova-sirope-fresas/